



## Four Cheeks to the Wind

The story of a two year transcontinental bicycle ride

Mary Bryant

Unfit, overweight and approaching retirement, Mary Bryant embarked on a two year cycle ride with her partner through fifteen countries and three continents, without backup or support, through areas not usually visited by tourists. Their journey proved that anyone with a dream, ambition or life-long goal can make it a reality.

In 2002 Mary and Warren set off from Calais with heavily-laden bikes, camping gear, pots and pans and numerous changes of clothing. One thousand miles later they arrived at the Mediterranean. They turned left, travelling through Europe, Asia and Australasia, cycling 9000 miles before their trip was tragically cut short.

Mary describes the wonderful people they meet in those out-of-the-way places, away from the tourists. From the mountainous winding roads of Italy to the dirt roads of Cambodia; the rolling surf beaches of Sri Lanka to the stunning temples of Japan; the Indian breakfasts of puri bhaji to the Australian burgers with beetroot; the fields of blood-red poppies in northern France to the sacred lotus blossoms in Thailand; the snow in Istanbul in December to the oppressive humidity of Myanmar in April – all are described in fascinating detail and with humour.

The book is illustrated with colour photographs. Several simple recipes are also included, which were collected on their travels, so that readers can enjoy them too.

**About the Author:** Mary Bryant was born in Reading and was educated at the local grammar school. She worked locally, but had a life-long ambition to travel the world. After their cycling trip, Mary and her partner Warren eloped to Gretna Green, where they were married. Mary's recent diagnosis of an acoustic neuroma, a benign brain tumour, has put further foreign cycling temporarily on hold.

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